

# Meal Plan - 1000 calorie low carb vegetarian meal plan

[Grocery List](#)[Day 1](#)[Day 2](#)[Day 3](#)[Day 4](#)[Day 5](#)[Day 6](#)[Day 7](#)[Recipes](#)

Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1049 cals ● 91g protein (35%) ● 49g fat (42%) ● 46g carbs (17%) ● 15g fiber (6%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Dinner

130 cals, 7g protein, 13g net carbs, 5g fat



**Chik'n nuggets**  
2 nuggets- 110 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Lunch

450 cals, 24g protein, 18g net carbs, 29g fat



**Egg & avocado salad**  
266 cals



**Milk**  
1 1/4 cup(s)- 186 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 2

1049 cals ● 91g protein (35%) ● 49g fat (42%) ● 46g carbs (17%) ● 15g fiber (6%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Dinner

130 cals, 7g protein, 13g net carbs, 5g fat



**Chik'n nuggets**  
2 nuggets- 110 cals



**Cherry tomatoes**  
6 cherry tomatoes- 21 cals

### Lunch

450 cals, 24g protein, 18g net carbs, 29g fat



**Egg & avocado salad**  
266 cals



**Milk**  
1 1/4 cup(s)- 186 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

## Day 3

1034 cals ● 93g protein (36%) ● 49g fat (43%) ● 34g carbs (13%) ● 20g fiber (8%)

### Breakfast

250 cals, 11g protein, 13g net carbs, 14g fat



**Basic fried eggs**  
1 egg(s)- 80 cals



**Avocado toast**  
1 slice(s)- 168 cals

### Dinner

340 cals, 19g protein, 11g net carbs, 22g fat



**Sugar snap peas**  
82 cals



**Basic tofu**  
6 oz- 257 cals

### Lunch

230 cals, 15g protein, 8g net carbs, 12g fat



**Olive oil drizzled sugar snap peas**  
82 cals



**Basic tempeh**  
2 oz- 148 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

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## Day 4

925 cals ● 102g protein (44%) ● 38g fat (37%) ● 29g carbs (13%) ● 15g fiber (7%)

### Breakfast

140 cals, 20g protein, 8g net carbs, 3g fat



**Protein greek yogurt**  
1 container- 139 cals

### Dinner

340 cals, 19g protein, 11g net carbs, 22g fat



**Sugar snap peas**  
82 cals



**Basic tofu**  
6 oz- 257 cals

### Lunch

230 cals, 15g protein, 8g net carbs, 12g fat



**Olive oil drizzled sugar snap peas**  
82 cals



**Basic tempeh**  
2 oz- 148 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



**Protein shake**  
2 scoop- 218 cals

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## Day 5

958 cals ● 91g protein (38%) ● 32g fat (30%) ● 60g carbs (25%) ● 18g fiber (7%)

### Breakfast

140 cals, 20g protein, 8g net carbs, 3g fat



[Protein greek yogurt](#)  
1 container- 139 cals

### Lunch

335 cals, 10g protein, 21g net carbs, 20g fat



[Simple mixed greens salad](#)  
68 cals



[Cherry tomatoes](#)  
6 cherry tomatoes- 21 cals



[Strawberry avocado goat cheese panini](#)  
244 cals

### Dinner

270 cals, 12g protein, 29g net carbs, 8g fat



[Zoodles marinara](#)  
169 cals



[Milk](#)  
2/3 cup(s)- 99 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 6

1002 cals ● 98g protein (39%) ● 33g fat (30%) ● 62g carbs (25%) ● 15g fiber (6%)

### Breakfast

130 cals, 10g protein, 6g net carbs, 6g fat



[High protein scrambled eggs](#)  
99 cals



[Grapes](#)  
29 cals

### Lunch

295 cals, 13g protein, 38g net carbs, 8g fat



[Simple mixed greens and tomato salad](#)  
76 cals



[Tofu alfredo pasta with broccoli](#)  
221 cals

### Dinner

360 cals, 27g protein, 16g net carbs, 18g fat



[Seitan salad](#)  
359 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Day 7

1002 cals ● 98g protein (39%) ● 33g fat (30%) ● 62g carbs (25%) ● 15g fiber (6%)

### Breakfast

130 cals, 10g protein, 6g net carbs, 6g fat



[High protein scrambled eggs](#)  
99 cals



[Grapes](#)  
29 cals

### Lunch

295 cals, 13g protein, 38g net carbs, 8g fat



[Simple mixed greens and tomato salad](#)  
76 cals



[Tofu alfredo pasta with broccoli](#)  
221 cals

### Dinner

360 cals, 27g protein, 16g net carbs, 18g fat



[Seitan salad](#)  
359 cals

### Protein Supplement(s)

220 cals, 48g protein, 2g net carbs, 1g fat



[Protein shake](#)  
2 scoop- 218 cals

## Beverages

- water  
14 cup(s) (3353mL)
- protein powder  
14 scoop (1/3 cup ea) (434g)
- almond milk, unsweetened  
2 tbsp (31mL)

## Other

- vegan chik'n nuggets  
4 nuggets (86g)
- mixed greens  
6 cup (175g)
- protein greek yogurt, flavored  
2 container (300g)
- nutritional yeast  
2 tsp (3g)

## Vegetables and Vegetable Products

- ketchup  
1 tbsp (17g)
- tomatoes  
4 3/4 medium whole (2-3/5" dia) (585g)
- frozen sugar snap peas  
4 cup (576g)
- zucchini  
1 1/2 medium (294g)
- fresh spinach  
4 cup(s) (120g)
- frozen broccoli  
1/4 package (71g)
- garlic  
1/2 clove(s) (2g)

## Fruits and Fruit Juices

- avocados  
2 avocado(s) (436g)
- strawberries  
2 medium (1-1/4" dia) (24g)
- grapes  
1 cup (92g)

## Dairy and Egg Products

- eggs  
9 large (450g)
- whole milk  
3 cup (761mL)

## Spices and Herbs

- garlic powder  
1/4 tbsp (2g)
- black pepper  
1 dash (0g)
- salt  
1 dash (0g)
- basil, dried  
4 dash, ground (1g)

## Fats and Oils

- oil  
1/4 cup (56mL)
- olive oil  
2 tsp (10mL)
- salad dressing  
6 1/2 tbsp (98mL)

## Baked Products

- bread  
4 slice (128g)

## Legumes and Legume Products

- tempeh  
4 oz (113g)
- firm tofu  
1 lbs (453g)

## Soups, Sauces, and Gravies

- pasta sauce  
3/4 cup (195g)

## Cereal Grains and Pasta

- seitan  
6 oz (170g)
- uncooked dry pasta  
3 oz (86g)

goat cheese  
1/2 oz (14g)

butter  
4 dash (2g)

low fat cottage cheese (1% milkfat)  
4 tbsp (57g)

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## Breakfast 1 [↗](#)

Eat on day 1, day 2, day 3

### Basic fried eggs

1 egg(s) - 80 cal ● 6g protein ● 6g fat ● 0g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**eggs**  
1 large (50g)

For all 3 meals:

**oil**  
1/4 tbsp (4mL)  
**eggs**  
3 large (150g)

1. Heat oil in a skillet over medium low heat.
2. Crack egg(s) into the skillet and cook until egg whites are no longer liquidy. Season with salt and pepper and serve.

### Avocado toast

1 slice(s) - 168 cal ● 5g protein ● 9g fat ● 13g carbs ● 5g fiber



For single meal:

**bread**  
1 slice (32g)  
**avocados, ripe, sliced**  
1/4 avocado(s) (50g)

For all 3 meals:

**bread**  
3 slice (96g)  
**avocados, ripe, sliced**  
3/4 avocado(s) (151g)

1. Toast the bread.
2. Top with ripe avocado and use a fork to smash.

## Breakfast 2 [↗](#)

Eat on day 4, day 5

### Protein greek yogurt

1 container - 139 cal ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber



For single meal:

**protein greek yogurt, flavored**  
1 container (150g)

For all 2 meals:

**protein greek yogurt, flavored**  
2 container (300g)

1. Enjoy.

## Breakfast 3 [↗](#)

Eat on day 6, day 7

### High protein scrambled eggs

99 cal ● 10g protein ● 6g fat ● 1g carbs ● 0g fiber



For single meal:

**oil**  
1/4 tsp (1mL)  
**low fat cottage cheese (1% milkfat)**  
2 tbsp (28g)  
**eggs**  
1 large (50g)

For all 2 meals:

**oil**  
1/2 tsp (3mL)  
**low fat cottage cheese (1% milkfat)**  
4 tbsp (57g)  
**eggs**  
2 large (100g)

1. Scramble eggs and cottage cheese together in a small bowl with a pinch of salt and pepper.
2. Heat the oil in a skillet over medium-low heat and pour in the eggs.
3. As eggs begin to set, scramble them, and continue cooking until eggs are thickened and no liquid egg remains.

### Grapes

29 cal ● 0g protein ● 0g fat ● 5g carbs ● 2g fiber



For single meal:

**grapes**  
1/2 cup (46g)

For all 2 meals:

**grapes**  
1 cup (92g)

1. This recipe has no instructions.

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## Lunch 1 [↗](#)

Eat on day 1, day 2

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### Egg & avocado salad

266 cals ● 15g protein ● 19g fat ● 3g carbs ● 5g fiber



For single meal:

**mixed greens**  
2/3 cup (20g)  
**avocados**  
1/3 avocado(s) (67g)  
**eggs, hard-boiled and chilled**  
2 large (100g)  
**garlic powder**  
1/3 tsp (1g)

For all 2 meals:

**mixed greens**  
1 1/3 cup (40g)  
**avocados**  
2/3 avocado(s) (134g)  
**eggs, hard-boiled and chilled**  
4 large (200g)  
**garlic powder**  
1/4 tbsp (2g)

1. Use store-bought hard-boiled eggs or make your own and let cool in the refrigerator.
2. Combine the eggs, avocado, garlic, and some salt and pepper in a bowl. Mash with a fork until fully combined.
3. Serve on top of bed of greens.

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### Milk

1 1/4 cup(s) - 186 cals ● 10g protein ● 10g fat ● 15g carbs ● 0g fiber



For single meal:

**whole milk**  
1 1/4 cup (300mL)

For all 2 meals:

**whole milk**  
2 1/2 cup (600mL)

1. This recipe has no instructions.
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## Lunch 2 [↗](#)

Eat on day 3, day 4

### Olive oil drizzled sugar snap peas

82 cals ● 3g protein ● 5g fat ● 4g carbs ● 3g fiber



For single meal:

**black pepper**  
1/2 dash (0g)  
**salt**  
1/2 dash (0g)  
**frozen sugar snap peas**  
2/3 cup (96g)  
**olive oil**  
1 tsp (5mL)

For all 2 meals:

**black pepper**  
1 dash (0g)  
**salt**  
1 dash (0g)  
**frozen sugar snap peas**  
1 1/3 cup (192g)  
**olive oil**  
2 tsp (10mL)

1. Prepare sugar snap peas according to instructions on package.
2. Drizzle with olive oil and season with salt and pepper.

## Basic tempeh

2 oz - 148 cals ● 12g protein ● 8g fat ● 4g carbs ● 4g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**tempeh**  
2 oz (57g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**tempeh**  
4 oz (113g)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

## Lunch 3 [↗](#)

Eat on day 5

### Simple mixed greens salad

68 cals ● 1g protein ● 5g fat ● 4g carbs ● 1g fiber



**mixed greens**  
1 1/2 cup (45g)  
**salad dressing**  
1 1/2 tbsp (23mL)

1. Mix greens and dressing in a small bowl. Serve.

## Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



Makes 6 cherry tomatoes

### tomatoes

6 cherry tomatoes (102g)

1. Rinse tomatoes, remove any stems, and serve.

## Strawberry avocado goat cheese panini

244 cal ● 8g protein ● 15g fat ● 14g carbs ● 6g fiber



### bread

1 slice (32g)

### strawberries, hulled and thinly sliced

2 medium (1-1/4" dia) (24g)

### avocados, sliced

1/4 avocado(s) (50g)

### goat cheese

1/2 oz (14g)

### butter

4 dash (2g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
  2. Butter 1 side of each slice of bread.
  3. Spread the goat cheese on the non-buttered side of each piece of bread.
  4. Lay the strawberries on top of the goat cheese on both pieces of bread.
  5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
  6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
  7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
  8. Serve.
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## Lunch 4 [↗](#)

Eat on day 6, day 7

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### Simple mixed greens and tomato salad

76 cal ● 2g protein ● 5g fat ● 5g carbs ● 2g fiber



For single meal:

**salad dressing**  
1 1/2 tbsp (23mL)  
**mixed greens**  
1 1/2 cup (45g)  
**tomatoes**  
4 tbsp cherry tomatoes (37g)

For all 2 meals:

**salad dressing**  
3 tbsp (45mL)  
**mixed greens**  
3 cup (90g)  
**tomatoes**  
1/2 cup cherry tomatoes (75g)

1. Mix greens, tomatoes, and dressing in a small bowl. Serve.

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### Tofu alfredo pasta with broccoli

221 cal ● 11g protein ● 4g fat ● 33g carbs ● 3g fiber



For single meal:

**uncooked dry pasta**  
1 1/2 oz (43g)  
**firm tofu**  
1/8 package (16 oz) (57g)  
**frozen broccoli**  
1/8 package (36g)  
**garlic**  
1/4 clove(s) (1g)  
**salt**  
1/8 dash (0g)  
**almond milk, unsweetened**  
1 tbsp (15mL)  
**basil, dried**  
2 dash, ground (0g)

For all 2 meals:

**uncooked dry pasta**  
3 oz (86g)  
**firm tofu**  
1/4 package (16 oz) (113g)  
**frozen broccoli**  
1/4 package (71g)  
**garlic**  
1/2 clove(s) (2g)  
**salt**  
1/8 dash (0g)  
**almond milk, unsweetened**  
2 tbsp (30mL)  
**basil, dried**  
4 dash, ground (1g)

1. Cook pasta and broccoli according to packages.
  2. Meanwhile, put the tofu, garlic, salt, and basil into a food processor or blender.
  3. Add in the almond milk in small amounts until desired consistency is reached.
  4. Pour into a pan to heat through. Do not let it boil as it will separate.
  5. To serve, top pasta with broccoli and sauce.
  6. For leftovers: For best results, keep each element (pasta, sauce, broccoli) in separate airtight containers. Reheat as needed.
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## Dinner 1 [↗](#)

Eat on day 1, day 2

### Chik'n nuggets

2 nuggets - 110 cal ● 6g protein ● 5g fat ● 10g carbs ● 1g fiber



For single meal:

#### **vegan chik'n nuggets**

2 nuggets (43g)

#### **ketchup**

1/2 tbsp (9g)

For all 2 meals:

#### **vegan chik'n nuggets**

4 nuggets (86g)

#### **ketchup**

1 tbsp (17g)

1. Cook chik'n tenders according to package.
2. Serve with ketchup.

### Cherry tomatoes

6 cherry tomatoes - 21 cal ● 1g protein ● 0g fat ● 3g carbs ● 1g fiber



For single meal:

#### **tomatoes**

6 cherry tomatoes (102g)

For all 2 meals:

#### **tomatoes**

12 cherry tomatoes (204g)

1. Rinse tomatoes, remove any stems, and serve.

## Dinner 2 [↗](#)

Eat on day 3, day 4

### Sugar snap peas

82 cal ● 5g protein ● 1g fat ● 8g carbs ● 6g fiber



For single meal:

#### **frozen sugar snap peas**

1 1/3 cup (192g)

For all 2 meals:

#### **frozen sugar snap peas**

2 2/3 cup (384g)

1. Prepare according to instructions on package.

## Basic tofu

6 oz - 257 cal ● 13g protein ● 21g fat ● 4g carbs ● 0g fiber



For single meal:

**firm tofu**  
6 oz (170g)  
**oil**  
1 tbsp (15mL)

For all 2 meals:

**firm tofu**  
3/4 lbs (340g)  
**oil**  
2 tbsp (30mL)

1. Slice tofu into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

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## Dinner 3 [↗](#)

Eat on day 5

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### Zoodles marinara

169 cal ● 7g protein ● 3g fat ● 21g carbs ● 8g fiber



**pasta sauce**  
3/4 cup (195g)  
**zucchini**  
1 1/2 medium (294g)

1. Spiralize zucchini.
2. Spray a skillet with non-stick spray, add zoodles, and cook on low heat for about 5 minutes or until warmed through.
3. (optional) Transfer zoodles to towel and pat any excess water off.
4. Return zoodles to skillet, add tomato sauce, and cook until sauce is heated through.
5. Serve.

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### Milk

2/3 cup(s) - 99 cal ● 5g protein ● 5g fat ● 8g carbs ● 0g fiber



Makes 2/3 cup(s)

**whole milk**  
2/3 cup (160mL)

1. This recipe has no instructions.
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## Dinner 4 [↗](#)

Eat on day 6, day 7

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### Seitan salad

359 cal ● 27g protein ● 18g fat ● 16g carbs ● 7g fiber



For single meal:

**oil**  
1 tsp (5mL)  
**nutritional yeast**  
1 tsp (1g)  
**salad dressing**  
1 tbsp (15mL)  
**avocados, sliced**  
1/4 avocado(s) (50g)  
**tomatoes, halved**  
6 cherry tomatoes (102g)  
**fresh spinach**  
2 cup(s) (60g)  
**seitan, sliced**  
3 oz (85g)

For all 2 meals:

**oil**  
2 tsp (10mL)  
**nutritional yeast**  
2 tsp (3g)  
**salad dressing**  
2 tbsp (30mL)  
**avocados, sliced**  
1/2 avocado(s) (101g)  
**tomatoes, halved**  
12 cherry tomatoes (204g)  
**fresh spinach**  
4 cup(s) (120g)  
**seitan, sliced**  
6 oz (170g)

1. Heat oil in a skillet over medium heat.
2. Add in sliced seitan and cook until browned, about 5 minutes.
3. Transfer to a bed of spinach.
4. Top with tomatoes, avocado, salad dressing and nutritional yeast.

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## Protein Supplement(s) [↗](#)

Eat every day

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### Protein shake

2 scoop - 218 cal ● 48g protein ● 1g fat ● 2g carbs ● 2g fiber



For single meal:

**water**  
2 cup(s) (479mL)  
**protein powder**  
2 scoop (1/3 cup ea) (62g)

For all 7 meals:

**water**  
14 cup(s) (3353mL)  
**protein powder**  
14 scoop (1/3 cup ea) (434g)

1. This recipe has no instructions.
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